

Parish of Bangor, Member of Ards Pastoral Community

Parish Priest: Very Rev Joseph Gunn St Comgall's Presbytery, 27 Brunswick Road, Bangor, Co Down, BT20 3DS
T: (028) 9146-5522 E: bangor@downandconnor.org W: www.bangorparish.com Office Hours: Mon-Fri 9.30pm to 1pm.

26th Sunday in the Year – 26 September 2021 –

MASS TIMES NEXT WEEK:

Monday to Friday at 9.30am (CHANGE IN TIME)

[no registration needed]

MASS TIMES NEXT WEEKEND:

27th Sunday of the Year

VIGIL SATURDAY 2 October @ 6.30pm

SUNDAY 3rd October @ 10am, 12noon

NO REGISTRATION NEEDED

SUNDAY MASSES

Admittance will be on a first come first served basis and if the permitted number is exceeded a notice to that effect will be posted on the Church door.

Safety of parishioners and welcome to all, particularly families are joint top priorities. **Please note that the Covid sanitising regulations have not changed and will continue to be strictly observed.**

PRAYING WITH THE ICONS

*under **The Four Saints** found in 'Parish Today'*

❖ BANGOR TROCAIRE TEAM & FRIENDS

The Bangor Trócaire team (and friends) are walking 5 million steps over 5 months (May-September). This is approximately the perimeter of Ireland!

❖ Covid has devastated many communities across the world. Your generosity allows Trocaire to continue with its life-saving work across these communities. We, the Bangor Trocaire team, have walked over 6 million steps to raise funds for Trocaire. We have overachieved our goal of 5 million steps! **We have raised over £3,000 to date.** Included in that amount we have recently received over £700 from parishioners. With grateful thanks to all parishioners who have donated so generously.

❖ Online donations can be made at
www.justgiving.com/TrocaireTrekking

SACRAMENTAL PREPARATION CLASSES

1ST PENANCE & HOLY COMMUNION - Classes to be held in the Parish Centre on Sunday mornings at 9:15 starting in November 2021. Please register by contacting the parish office by email stating the Child's(rens) Name(s), Primary School, Year Group and Age.

Message of the Irish Catholic Bishops for the Day for Life - 3rd Oct. 2021 . See message on page 4 of the Bulletin.

This year's *Day for Life* will be celebrated in Ireland on Sunday 3 October on the theme 'The Good Samaritan: A Model of Compassion'. In the context of the recent proposal to introduce assisted suicide, both in Ireland and the UK, this year's *Day for Life* message invites Catholics to consider a more positive and compassionate response to the care of people who are in the final stages of life.

Your prayers are requested for



Anniversaries:

Colin Beck, Sandy Saunders, Stephen McKearney, Sr Elizabeth Monan, Imelda McPoland, Kate Hamilton, Matthew Finlong, Joseph Anthony Hall, Alice Hall, Agnes Kane, Patricia Small, Frank Moore, James Hart, PJ Cullen, Richard Herbert, Kathleen Brown, Mary Dornan, Mary Quinn, Susan Curry.

Sr Maura of the Columban Sisters

has added new reflections to the website page. Find them under the 'News' section of the tool bar and in the Columban Sisters page under 'The Parish Today'.

BAPTISM REGISTRATION

Evenings only until further notice at 7pm.
Wednesdays and Thursdays.
Please register online SIDE BAR under '**Sacramental Preparation**'

Bethany Bereavement Support Group

we are here to support and listen.
Confidential. **075 1085 2157**

St Vincent de Paul

Helpline 077 0367 9384

Mass is Live Streamed and can be accessed via the Parish Website or

on www.churchservices.tv/bangor

Bangor Parish Podcast

You can listen to the Parish podcasts by clicking on the audio files on the website or by searching for



"Parish Of Bangor Podcast" in the apple or google podcast apps.

You can download these apps from [Apple App Store](https://www.apple.com/app-store) or [Google Play](https://play.google.com/store/apps) If you use these apps please '**subscribe**' to our channel so you receive all the latest podcasts straight to your phone or tablet.

8 Page Bulletin don't forget to scroll down for all the updated information...

FULL COPY OF MISSALETTE ON THE WEBSITE
on the Slider or found in 'NEWS'

If you would like your deceased family & friends to be prayed for please email your names to the parish office: E:

bangor@downandconnor.org

all names will then be mentioned on the weekly Sunday bulletin and at all the weekend Masses.

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As you will have noticed we have refreshed our website and have given some new prayer resources: Look under **The Parish Today**

- Daily Mass – uploaded by 11am.
- **NEW RESOURCES ONLINE... weekly**
Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanna.
- Family Creative Prayer.



PRAYER TO SAINT JOSEPH – For the Year of Saint Joseph

To you, O blessed Joseph (Ad te, beate Ioseph)

To you, O blessed Joseph, do we come in our afflictions, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.



Different ways of donating to St Vincent de Paul.

Direct Payment to Conferences Bank Account. St Comgall's, Allied Irish Bank. Sort Code 93-82-03. A/C No is 25302098. **Most Holy Redeemer Ballyholme**, Allied Irish Bank. Sort Code 93-82-03. A/C No. 06885061.

For account reconciliation purposes, please provide a note of your name where indicated.

Gift Aid Envelopes will be made available. **Standing order form** is available on Parish website.

Taxpayers please tick the box which will give us an extra 25p in the pound. Thank you.

Donations of good quality furniture and clothing are suspended temporarily.

Storehouse North Down

Storehouse continues to help St Vincent De Paul provide non-perishable food for those in need. Storehouse welcomes donations of foodstuff at their premises, 12 Balloo Avenue, Bangor on Mondays and Thursdays between 10.00am to 3.00 pm. Cash donations are also very acceptable.

Are You, or anyone you know, having financial difficulties due to reduced or loss of income through Covid 19?

The Society of St Vincent de Paul, throughout North Down and Ards can help.

We know how hard it is to ask for help but these are extraordinary times and people. T: **077 0367 9384**

COVID INFORMATION

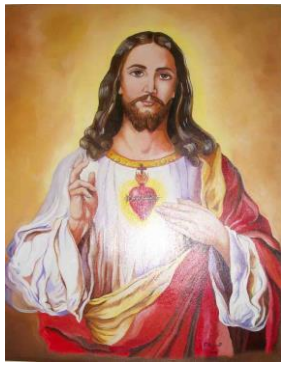
An up-to-date summary of all Executive regulations and guidance can be found at:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>



Angel Guardian

"Angel of God my guardian dear to whom God's love commits me here. Ever this day be at my side, to light, to guard, to rule and guide. Amen."



26 Sunday in the Year – 26 September 2021

Lord Jesus, you have said, 'Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you.' I come to you in faith and trust, in love and hope. Let me know your closeness to me and your care for me and for all who are dear to me.

My intention: Hear my prayer (*mention intention*); grant what I ask, and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour. And so, Most Sacred Heart of Jesus, I place all my trust in you.

Penitential Act: I confess to the almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

PRAYERS AT HOLY COMMUNION

Spiritual Holy Communion Prayer

My Jesus, I believe that you are present
in the most Blessed Sacrament.
I love you above all things and
I desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you have already come,
and unite myself wholly to you.
Never permit me to be separated from you.
Amen.

composed by Saint Alphonsus Liguori

ANIMA CHRISTI

Prayer to the Most Holy Redeemer

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, embolden me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me.
Never permit me to be separated from you.
From the evil enemy defend me.
At the hour of my death call me
and bid me to come to you,
that with your Saints I may praise you
for age upon age. Amen

CALENDAR OF SAINTS DAYS

SEPTEMBER 2021

Tuesday 21st September

Saint Matthew, Apostle & Evangelist

Thursday 23rd September

Saint Pius of Pietrelcina (Padre Pio), Priest

Saturday 25th September

Saint Finbar, Bishop

Sunday 26th September

26th Sunday of the Year

Day of Prayer for Migrants and Refugees

Monday 27th September

Saint Vincent de Paul

Tuesday 28th September

Saint Lawrence Ruiz & Companions, Martyrs

Wednesday 29th September

Saints Michael, Gabriel, Raphael, Archangels

Thursday 30th September

Saint Jerome, Priest & Doctor of the Church

Friday 1st October – First Friday

Saint Therese of the Child Jesus, Virgin & Doctor

Saturday 2nd October

The Holy Guardian Angels

Sunday 3rd October

27th Sunday in the Year

DAY FOR LIFE

Prayer Online: Come and join us at... www.soulparemission.com *Who are we?* We are a new interactive prayer website created by Jacinta Crockford DipTH, Spiritual Director living in Down and Connor. *What's on offer?* A variety of PDF meditations on Mother Teresa, St John Paul II, Ignatius Spirituality to name but a few. Lots of content to Dive into. There you will find - Podcasts on Faith, Friendship & Knowledge; Rosaries, Prayers and Marian Consecration. Come and join us and be part of the prayer movement online!

Every Saturday at 4.30pm - I will be leading a [live Rosary](#) broadcast and later in the evening **Every Saturday at 8.30pm** I will be leading prayer [with Eucharistic Adoration](#) on the Catholic Internet TV – Shalom World TV. Just click on the following link to access this time of prayer. www.swprayer.org Please be assured that I will be including all the parishioners and their families during this live Rosary and live Eucharistic Adoration.

The Lough Derg Pilgrim Path on the lough shore is now open daily. The full route is a 12km loop, with a shorter 8km option, and several information boards highlight features of particular interest. Leaflets are available at the Visitors Centre. For bookings and further information email info@loughderg.org or telephone 0(0353) 71 9861518.

Message of the Irish Catholic Bishops for the Day for Life - 3rd Oct. 2021

The fragility of life and the reality of death have been brought into sharp focus during the Covid-19 pandemic. In Ireland alone, more than 8,000 people have died with Covid-19. Each of these lives is precious and every life matters. With a most amazing spirit of solidarity, the energies of our society - in hospitals, test centres, vaccination clinics, schools, churches, supermarkets and in so many other places - have been directed towards protecting those who were most vulnerable to disease. We have begun to see the fruits of those efforts.

While all of this was going on, the Oireachtas was being asked to discuss legislation to provide for assisted suicide. That particular piece of legislation, thank God, has been rejected by the Oireachtas Committee for Justice on the grounds that it was deeply flawed. The surprising and disappointing thing is that the Oireachtas Committee did not reject the principle of Assisted Suicide and has proposed that Assisted Suicide be discussed further by a special committee, which would report within a specified timeframe.

Compassion is often presented as a justification for assisted suicide, but having compassion means "suffering with" someone. Assisted suicide reflects a failure of compassion on the part of society. It is a failure to respond to the challenge of caring for people who are terminally ill, or who have disabilities or dementia, as they approach the end of their lives. Those who assist with a suicide, whatever their motives, co-operate with the self-destruction of another person. It is one thing when life is allowed to take its natural course, with appropriate management of pain and stress, but is not artificially prolonged by burdensome treatment. It is something else entirely, when one person actively and deliberately participates in ending the life of another.

One feature of the legalisation of Assisted Suicide in other jurisdictions is that, once it becomes lawful, it is then presented and perceived as something good to do. Instead of being surrounded by love and care, people who are already vulnerable and dependent on others due to their illness, are made to feel that assisted suicide would be "the decent thing to do".

Assisted suicide presumes that there will be somebody with the required skills who is prepared to "assist" in bringing about the death of another person. Wherever assisted suicide is legalised, healthcare professionals are assumed to be the "suitably qualified persons" because they are already licensed to use drugs. It is important to be clear that healthcare professionals are given privileged access to the human body and to drugs for the express purpose of healing and alleviating pain. Any suggestion that they should be expected to assist and, under certain circumstances, actually perform the act that ends the life of another person, is seriously damaging to the ethos and the credibility of the healthcare professions.

Jesus gave us the image of the good Samaritan as the model for our compassion and our solidarity with those who find themselves vulnerable and who fear being abandoned in their final illness. The Good Samaritan is one who "crosses over", who "binds up wounds" and who, most important of all "stays with" the person for as long as is required.

There is much that we can do to foster a culture of life. We can begin by overcoming our fear of talking honestly about death and dying. Dying is as natural and universal as living and breathing yet our society can make it difficult for people to talk about it. As Christians, of course, our faith in the Resurrection of Jesus will stand to us. For some, if not for all, the support of prayer, and the opportunity to share faith can be of great help.

The Hospice Care Movement fosters a culture of living well until the end. By doing normal things with people who are terminally ill, we can contribute to fostering their sense of being "normal", which can often be undermined by the "routine of illness". The experience of presence, companionship and even the acceptance of limitation and dependency, when we take time to appreciate them, can greatly enrich the later stages of life.

The attitude of Jesus towards the sick and towards those who are in any way marginalised, has much to teach us about the value of time spent caring for one another. Many of us, at times, are called to be carers in our own circle of family and friends. Others may find it possible to care for the carers. The bonds of friendship and solidarity that are developed and strengthened in caring relationships, extend beyond the carer and the one who is cared for to the whole of society.

For more material on this theme, please see www.councilforlife.ie/Day4Life

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Holy Mass Live Stream

Holy Mass is celebrated Monday to Friday at 12 noon for friends and benefactors of **Aid to the Church in Need, Ireland**. Beginning soon, we will also host a weekly rosary, to facilitate prayerful community among our staff and benefactors. Contact info@acnireland.org if you would like to join us weekly to pray for the persecuted Church.

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TRÓCAIRE thank you for your help. You can donate in the following ways:

1. Online at www.trocaire.org.
2. By phone: 0800 912 1200 (NI)
3. By post to Trócaire, 10 King Street, Belfast, BT1 6AD (NI),

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USE THE LINK BELOW TO ACCESS - Issue 67 of Sharing the Good News. The current issue can be linked to and downloaded from the home page of www.catholicbishops.ie.

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Greetings from Dromantine Retreat and Conference Centre. The following directed retreat and workshops will be led by Father Hugh Lagan SMA in October and November 2021. To find out more, kindly click on the blue 'Dromantine Workshops' button below to open the attached A4 flyer. The retreat and workshops are open to everyone. Spaces are limited and the centre will operate in full compliance with all public health regulations With kind regards, Dromantine Retreat and Conference Centre



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Understanding The Mass
Zoom Talks

"From the Eucharist comes strength to live the Christian life and Zeal to share that life with others."

Tuesdays at 8pm

We invite you to join Fr Tony each Tuesday night starting from 28th September at 8pm when we, as a Christian community, will engage with our faith and try and deepen our understanding of The Mass.

Email to register:
lententalks@downandconnor.org
FREE AND OPENED TO EVERYONE!

Knock Shrine - Daily Masses continue to be broadcast on the Knock Shrine website and Facebook page at 12 Noon and 7.30pm, with Rosary at 7pm. Sunday Mass is broadcast at 12 noon, Rosary at 2.30pm and Mass at 3pm. For further details, please see www.knockshrine.ie

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ANAM CARA

Anam Cara offers Face to Face meetings. You can contact us on **NI: 028 9521 3120** and we can explain how this will work. Once again we would like to take this opportunity to thank you for your continued support of Anam Cara. There is no doubt the last months have been very challenging for everyone. Hopefully the worst is behind us, in terms of lockdown and social distancing and that we can look forward to seeing you soon. Take Care and Kindest Regards, Leanne Contact Numbers NI 028 9521 3120
Email: info@anamcara.ie/info@anamcarani.co.uk
Web Address www.anamcara.ie/www.anamcarani.co.uk

DRUMALIS RETREAT CENTRE, LARNE

For further information, please contact 028 28276455/28272196 during office hours (Mon-Fri, 9 am – 5 pm) or email maura@drumalis.co.uk Details are also available on the Drumalis website - <http://www.drumalis.co.uk>

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Pathways – Adult Faith Development Programme
Two-year, part-time course, now enrolling for 2021-2023 intake

Have you ever thought about exploring your faith... or wished that you could broaden your understanding of your faith? Would you like to explore, discuss and reflect upon issues and questions of faith, the Church, and how to link faith to life? If the answer is "yes", then Pathways may be for you. The course runs one Saturday per month (10 am – 4:30 pm) from October to June, either in-house at Drumalis, Larne or online via Zoom.

Certificate in Christian Thought
Two-year, part-time course commencing late September 2021

The Certificate in Christian Thought aims to offer a space where adults can explore, reflect upon, discuss and study faith and how it relates to life in today's world, both at a personal and community level. It is possible to do the course for validation by St Mary's University College or for personal development only. The course is offered either in-house at Drumalis, Larne or online via Zoom.

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"All My Children: Genesis and Exodus. Who said family was easy?" with Sr Pam Thimmes OSC. An eight part Zoom series exploring the theme of family in the Books of Genesis and Exodus. The course will take place from 7:00 pm – 9:15 pm on 9 Sept, 30 Sept, 14 Oct, 28 Oct, 11 Nov, 25 Nov, 13 Jan and 27 Jan.

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Growth in Prayer and Reflective Living
Commencing Monday, 20 September

Applications are now being accepted for the third intake of this popular one-year programme for those who want a closer relationship with God. The Growth in Prayer and Reflective Living course will give you the tools and space to become attuned to God's voice in the midst of the clamour. The course will take place over 21 Monday evening sessions from 7:00 pm –

FRIENDS OF COLUMBANUS: Columban Way Turas Columbanus
turascolumbanus@gmail.com

**WALKING TOGETHER – MARCHER ENSEMBLE –
CAMMINARE INSIEME – GEMEINSAM WANDERN**

Dear friends,

The Covid pandemic has prevented us from travelling and visiting each other, as we would like to do. Who know when this will be possible again? So we have a suggestion:

"let's walk together – each in our own country and region".

A first opportunity would be in early September, between the 7th and 10th:

- On the 7th to 9th, a group will be walking the Kolumbansweg (Switzerland).
- On September 10th, there will be a walk in the vicinity of the Chapelle Saint-Colomban, Sainte-Marie-en-Chanois (near Luxueil).



Another opportunity would be in early October:

- During the beginning of October a group will be walking Columban Way in the vicinity of Mt. Leinster.
- On 6th October a group will be walking at Cleenish Island (the monastery where Columbanus studied before coming to Bangor).
- Also on 6th October, a group will be walking the Kolumbansweg (Switzerland). and from 12th - 15th October a group will also be a group will be walking the Kolumbansweg (Switzerland).
- On 16th October a group will be walking the Turas Columbanus in County Meath
- Other walks could be planned in Ireland, France and Italy around these dates.



Would you like to join us around these dates and walk part of Via Columbani, or any other place where Columban's memory is celebrated? If you can, please let us know:

email: turascolumbanus@gmail.com

We hope to do this several times a year; and for many years to come. So whenever you're planning a walk, please share the information with those in other countries too.

Many thanks.

AID TO THE CHURCH

<https://www.acnireland.org/n-donate>

Sr. Clara's Dream Comes True

SR. CLARA HAS A DREAM FOR THE CHRISTIAN CHILDREN OF QARAQOSH, IRAQ. UNDERSTANDING THAT EDUCATION IS KEY TO SECURING THE FUTURE OF THE NEXT GENERATION OF IRAQI CHRISTIANS, SR. CLARA WANTED TO ESTABLISH A SECONDARY SCHOOL IN QARAQOSH. WITH THE SUPPORT OF ACN, A NEW SECONDARY SCHOOL IS SET TO OPEN THIS OCTOBER FOR QARAQOSH'S CHRISTIAN CHILDREN. By ACN Staff



The Dominican Sisters of Qaraqosh. Sr. Clara is on the left. (Credit: Aid to the Church in Need) Sister Clara Nas is prioress of the Dominican Sisters of Saint Catherine of Siena in Qaraqosh, Iraq. **The Assyrian Christian town of Qaraqosh is located in the Nineveh Plain, around 25 km from Mosul.** Previously around 70% of the population of Qaraqosh were Syriac Catholics with the remaining 30% being mostly Syriac Orthodox.

Christian women in Qaraqosh in traditional dress during the visit of Pope Francis. (Credit: Aid to the Church in Need)

In more recent decades, **the numbers of Chaldean Catholics in Qaraqosh has grown** as they have fled to the Christian town to escape persecution elsewhere in Iraq. The people of Qaraqosh, like most Christians in the Nineveh Plain, **speak a dialect of Aramaic.**



In 2014, ISIS rampaged through much of northern Iraq. **The Christians of Qaraqosh fled.** In 2016, Qaraqosh was liberated. **Slowly the Christians began to return home.**



Sr. Clara Nas. (Credit: Aid to the Church in Need)

When Sr. Clara returned to Qaraqosh, an idea came to her mind. Although security is still an issue for Christians in Iraq, **economic hardship has become the more pressing issue.**

As an ethnic, religious, and linguistic minority, the Christians must work extra hard to get jobs and economic opportunities. **Education is key.** Realising this, **Sr. Clara dreamt of building a new secondary school** to help educate a new generation of Iraqi Christians who could stay in their ancestral homeland.

Many didn't take Sr. Clara's dream seriously. How could they build a new school when the town was still recovering from the occupation by ISIS? **Sr. Clara was determined.**

She explained her motivation:

"Our goal was to offer young people a place of reconciliation and healing after being displaced by IS and living for so many years as refugees."

In 2018, she started to look for funding to build a new secondary school. **Funding was granted to build Sr. Clara's new school by Aid to the Church in Need (ACN) and the Federal Chancellery of the Republic of Austria.** This help offered to the Christians of Qaraqosh was gratefully received.

Education standards in the region were not high. There is not only a shortage of school buildings but also of teachers. **Children have to go to school in shifts as there is not adequate spaces for all of them at once.**

The religious sisters are highly respected by the local community. They had previously ran school in Qaraqosh prior the invasion of ISIS and had continued educating the Christian children while they were refugees in Erbil and the surrounding areas. **In 2017, a primary school was opened in Qaraqosh and now has 427 pupils. A secondary school is expected to open this October for around 625 from the ages of 13 to 18.**

Sr. Clara explains the value of education:

*"As Dominican sisters, we are convinced that **education illuminates the mind and opens the hearts to the truth.** That is why we initiated the project for a new secondary school – in a village where young people urgently need a healthy educational environment."*

It is hoped that the new three-storey school building in the future will also have sport facilities. **The construction of the school also gave the working aged population in the area much needed employment, with around 200 people being employed as part of the construction of the school.** Like the primary school run by the sisters, the new secondary school will naturally **have a chaplain. This will help with catechism classes and preparation to receive the Sacraments.**

ACN is involved in many projects in the Nineveh Plains to rebuild Qaraqosh and provide the assistance Christian families need to return to their homes after the invasion of IS. Among other things, **the pastoral charity has approved grants for the education of the children living in the region as well as for rebuilding six kindergartens and an orphanage.**